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WHAT TO WATCH IN SOCHI

• 9:30 a.m. Alex Gough — the first Canadian to take home gold in a world cup event, and who currently sits fifth after two of four runs — has a chance to bring home Canada's first ever Winter Olympics medal in luge.

• 10 a.m. Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program. The pair already has an Olympic medal, as part of the team that took home silver in the team event.

GREG DOWNS/FOR METRO

'Everybody in the world has lied': Rob Ford

T.O. mayor starts his Ford Nation YouTube show with these sage words after months of controversy **PAGE 6**

There are date movies that aren't The Notebook?

This Valentine's Day, try these (cinematically) stimulating flicks instead **PAGE 10**

Arts project not in the bag

Tough questions.
\$164-million development facing scrutiny at city hall



MIKE DONACHIE
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Coun. Joni Baechler pretty much said it all: "Who's holding the bag?"

And it was just one of many tough questions posed Monday for the people behind London's big arts project.

Some of the city's most influential people presented the \$164-million performance venue and arts district project to a city council committee.

The city is being asked for a little more than \$16.7 million — \$15 million in direct funding plus land and support for the demolition of Centennial Hall. The feds and province will be asked for \$30 million and those involved will do fundraising.

But, as the wraps came off, the gloves came off too, and councillors made it clear they want what Coun. Paul Hubert termed "a robust business plan" before lending their support.

The project could mean the transformation of the arts in London. Tearing down Centennial Hall would be key to making way for a concert venue dubbed the Celebration Centre

by 2017. The Grand Theatre would be expanded, a huge hotel and condo development with two towers at Wellington Street and Princess Avenue would be built, and more. It is, to put it mildly, a big deal.

So, those involved lined up to speak Monday at city hall.

There was Scott Ritchie, partner in the Siskinds law firm and representative of the partnership behind the plans, followed by people from Budweiser Gardens operator Global Spectrum, construction company EllisDon, The Grand, lead developer York Developments, and Music London, the new

said Baechler, and her colleagues chimed in with questions about funding, timelines, risks and more.

Holding the bag was a big one. It's possible the city could be left guaranteeing the arts project but not managing it, city staff said.

"We're not getting a lot of public push on this," said Coun. Paul Van Meerbergen as he declared he wouldn't support the project without more details.

Coun. Harold Usher said he liked the idea but wasn't sure where the money would come from.

The main supporter was

Quoted

"When we hear a knock at the door we ought to open the door."

Mayor Joe Fontana on the proposed \$164-million arts development

body that will own Celebration Centre, if it's built.

All spoke enthusiastically about grasping the big chance, which they said will give the city a 9.9 per cent return on its investment in 10 years. They promised more than 1,200 construction jobs, more than 100 permanent jobs, tax income and world-class entertainment.

But nobody reckoned with a room full of councillors in the middle of a bitter city budget process.

"We haven't got a dollar,"

Mayor Joe Fontana, who actually hit the table — knock, knock — to emphasize it was an opportunity for the city.

"Listen up," he said, knocking. "Did you hear that? I thought we were the city of opportunity."

But even Fontana wanted to see more details of the project.

The proposal was referred to city staff for review, and it's expected to return to committee in two weeks.

More coverage on page 4



BILODEAU GOLDEN

Alex Bilodeau of Rosemère, Que., earned one of Canada's two gold medals in Sochi on Monday, solidly defending his Olympic title in men's moguls. Teammate Mikael Kingsbury of Deux-Montagnes, Que., took silver in the event. More Olympics on pages 15-17. THE CANADIAN PRESS



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Company's brew topped with shot of local charity

Kingfisher Coffee.

New owner plans to make shelters a big part of his roast



SCOTT TAYLOR

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It's the little things in life that matter the most to many people.

Waking up to a hot cup of coffee, for example. Most of us don't worry about whether there will be coffee, but rather how quickly we can get to it.

For some, though, life is more of a struggle.

Patrick Dunham knows this. Although his company is in its infancy, he's going to give from the heart Wednesday by supplying the first brew of his Kingfisher Coffee to Unity Project.

Residents of the emergency homeless shelter and transitional housing charity will gather for a tasting of the first brew of many that the fair trade and Rainforest-Alliance-certified coffee company plans to deliver to shelters in the city.

Dunham's company will donate a percentage of its total roast volume every month to Unity Project and Mission Services.

"I've been working with Unity Project on fundraising projects for years," Dunham said.

He spent six years honing his craft with Fire Roasted Coffee Co. after a sterling

By the numbers

- Unity Project serves up about 66,000 cups of coffee a year.
- Mission Services estimates it serves some 413,000.
- Kingfisher Coffee hopes to supply all the coffee the shelters require at no cost.

career as a chef at some of the city's top restaurants and as the longtime owner of a catering company.

"I know the people that got (Unity Project) up and running 10 years ago, they're in the neighbourhood that I live in, and it's something that I've always wanted to support," he said.

When Kingfisher Coffee started coming together, Dunham knew he wanted to make more than a profit.

He wanted to make a difference.

"I've worked with a lot of different church groups and charitable groups over the years, and I know how important ongoing donations are," he said. "The big events are nice, but it's really good to have something they can rely on every month."

Unity Project development manager Silvia Langer said the help is needed and appreciated.

"Patrick approached us about this plan and wanted to know if we'd be open to it," she said. "The answer was, 'Of course, absolutely.'"



Patrick Dunham, the man behind London's new Kingfisher Coffee, is launching his business with charity front of mind. SCOTT TAYLOR/METRO

Fatal collision. Highbury Avenue crash victim identified

The victim of a fatal head-on crash Saturday in south London has been identified as 48-year-old Jacob Rempel of Aylmer.

Rempel and the female driver of the car in which he was a passenger were taken to hospital after a 7:45 p.m. accident in the area of Highbury Avenue South and Glanworth Drive.

The woman, who has not been identified, remains in

critical but stable condition, police said. A dog in the same car was also killed.

Two people in the other vehicle involved were taken to St. Thomas Elgin General Hospital with minor injuries.

The cause of the crash is still being investigated, but police have determined that alcohol and excessive speed were not contributing factors.

SCOTT TAYLOR/METRO

London doc pleads not guilty

A London doctor and former Canadian Idol contestant pleaded not guilty to a terrorism charge in an Ottawa courtroom Monday.

Khurram Syed Sher, 31, is accused of conspiring to facilitate terrorist activity between Feb. 1 and Aug. 25, 2010.

He was nabbed by police three years ago at a time when authorities said it was essential to prevent money from being sent to buy weapons to use against coalition forces in Afghanistan. The arrest came after

a lengthy investigation that involved law enforcement agencies around the world.

The pathologist remained silent as he left the courthouse Monday flanked by his lawyers Michael Edelson and Giuseppe Cipriano. Edelson said "no comment" to the horde of reporters that followed them outside.

Crown prosecutor Jason Wakely said Monday he has large volumes of evidence to prove he has a case against the doctor, including 96 audio wiretap recordings, 24 Internet intercepts, and 33

Yahoo! emails.

He was expected to open his case Monday, but Cipriano spent most of the morning arguing the nature and timing of the alleged conspiracy is unclear and requested an "order of particulars."

Cipriano agreed there was a pre-existing conspiracy, but argued the indictment, as written, is unclear as to precisely what Sher is alleged to have done that would make him criminally liable. JOE LOFARO/METRO WITH FILES FROM THE CANADIAN PRESS

1 NEWS

The partners behind a \$164-million bid to build a new performance venue, arts district and condos in London pitched the plan Monday at city hall. These are some of the key points they made about the proposal.

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Ron Koudys MIKE DONACHIE/METRO

1 Theatre hopes to expand out

The Grand Theatre's president, Ron Koudys, insisted the theatre must expand.

"We've simply run out of room," he said, and that limits what can be done in the community.

Koudys said The Grand's \$5 million part in the project would see it expand into land and buildings owned by Farhi Holdings, creating a five-storey, 50,000-square-foot building.

The stage would stay the same, but the expansion would give more space for performances, production and rehearsals, also improving the entrance and meaning more community programs.

5

High notes of city's art project

5 If you build it, they will come

Yes, it can work, said Brian Ohl, general manager of Budweiser Gardens and regional vice-president of umbrella company Global Spectrum.

He said the new Celebration Centre can bring in the required audiences to support it.

"We think that there is a market to do what Centennial Hall is doing and to do more, to make it world-class," he said.

Global Spectrum has been involved "every step of the way" and Ohl described the financial numbers presented for the new centre as "a good model."



Brian Ohl
MIKE DONACHIE/METRO

2 Plenty of interest in condos

Two towers of condos and a hotel are in the plans, and people are already trying to move in, said Ali Soufan, president of York Developments.

"I can say that since this has been public, we've been inundated with phone calls and emails," he said. "There's great demand for first-class residential condos at this location."

Soufan said he represented "a consortium of local and non-local groups that are extremely interested" in being involved in the \$100 million condos portion of the project.

He called it "the investment of the decade" and made it clear the private sector is ready to back it.



Ali Soufan
MIKE DONACHIE/METRO

3 Message for the doomsayers

Remember when the John Labatt Centre — now Budweiser Gardens — was built?

Brian Waltham, senior vice-president of London-based construction company EllisDon, remembers it well. And he has a message for anyone who's determined to be negative about big projects.

The "naysayers" on the city's last big project have been proven wrong, said Waltham, whose company is on board to build the hotel/condo parts of the new project at Wellington Street and Princes Avenue.

"It's one of the prime spots of the city of London and we look forward to being part of it," he said.



Brian Waltham
MIKE DONACHIE/METRO

4 The Celebration Centre's new owners

Nobody had more to say than former police chief Murray Faulkner, who was speaking as a private citizen on behalf of Music London.

The group is a non-profit arts partnership set up specially by volunteers and would become the owner of the Celebration Centre, the new \$50-million performance venue that's part of the deal.

Orchestra London, once a partner in the arts project, has taken a step back because it plans to be a tenant in the centre.

Faulkner described the bigger picture, saying the city itself asked groups to come forward with proposals like this, to generate income and improve the city.



Murray Faulkner
MIKE DONACHIE/METRO

Full house as public weighs in on budget



Couns. Joni Baechler, from left, Nancy Branscombe and Matt Brown during Monday's budget meeting. MIKE DONACHIE/METRO

The last time, only a handful of people were interested.

But, second time out, the public participation in the city's 2014 budget process was off the scale.

In fact, so many people wanted to address council members on Monday night that they filled every seat in city hall's public gallery and the city had to open an overspill room with a live feed of the meeting.

The first public meeting on Jan. 13 had only six speakers.

This time, people lined up to talk.

There was controversy, too, as Coun. Nancy Branscombe noted the representatives of London Children's Museum were speaking too late.

Their \$150,000 request for help with a new, better museum had already received a "no."

But Mayor Joe Fontana pointed out that no decisions are final until Feb. 27, when the budget is finalized.

So the museum board's

Natalie Spoozak spoke to council members, saying the refusal had been noted and the request cut to \$100,000, although she didn't get an answer.

"We've been a pillar in this community for over 35 years," said Spoozak, who was there with a crowd of people holding up pictures of children.

Another notable speaker was Amir Farahi, a member of the city's youth council, who appealed to council to plan for the future and fund

today's decisions properly.

Western University Students' Council president Pat Whelan also spoke, his requests including funding for orientation events to help newly-arrived international students.

After the public part, council members continued their discussion of the actual budget.

The next big meeting is on Feb. 25, when the controversial police budget returns to city hall.

MIKE DONACHIE/METRO

Go south, young man. Londoners flock to escape cold weather

It is a modern-day exodus, say travel agents, of the flock of frozen Londoners booking airline tickets south to evade the winter that refuses to leave.

Sara Crombez, a travel consultant at Flight Centre, said she can't remember business booming like it is this winter. The one-two punch of snow and cold has taken turns hitting the region since November.

"We are very busy," she said. "People want out of here. We've had a lot of people just coming in and saying they know they shouldn't spend the money, but they just need to get away."

Those hunting for deals, she added, are finding the pickings pretty slim.

"The demand is so high that there aren't as many as usual. You have to be very flexible to get them now," she said.

That sentiment was echoed by Marlin Travel branch manager Cristina Neves Nichol, who said it seemed like everybody wanted to get away last month.



Cristina Neves Nichol
SCOTT TAYLOR/METRO

"Everybody is coming in looking for deals, but, unfortunately, there aren't any because of the bad weather," she said. "Still, it's been very busy overall."

Neves Nichol said it's not just southern climates that are popular. Many are booking for Europe, as well.

"People just want to get away right away anywhere where they don't have to shovel the snow," she said.

SCOTT TAYLOR/METRO

Federal budget. Premier Wynne asking feds to pony up, right a wrong

The federal government has treated Ontario unfairly by slashing \$641 million in equalization payments and should make that up in Tuesday's budget, Premier Kathleen Wynne said Monday.

"They seem to be treating Ontario differently, and when the province is treated differently as compared to all of the other provinces, that doesn't seem right to me, and so I would expect an adjustment to that," Wynne said.

However, Finance Minister

Jim Flaherty called Ontario's argument "absurd" and made it clear that the Tories won't be backing down in the dispute with the province over the payments.

While the equalization program rules have changed, the Conservatives have increased federal transfers to Ontario for social programs and health care by \$8.3 billion to \$19.1 billion since they came to power in 2006, Flaherty said in a statement.

THE CANADIAN PRESS

Culture. St. Thomas launches asset database

Looking for a little culture in St. Thomas?

The perfect guide might be right at your fingertips.

A project to map the city's cultural assets has been completed and compiled on one handy website, stthomasculatue.ca.

The site, which highlights assets around eight themes, including arts, festi-

vals and heritage, is the first step to developing a full cultural plan for the city.

Key to sustaining the map will be support from the community, officials say.

People are being asked to contribute resources and provide information about new sites and events that should be included. **METRO**



It's a party. People in Masonville Place's Olympics headquarters took in what turned out to be a memorable moment Monday as Canada captured two medals in the men's moguls. SCOTT TAYLOR/METRO

Mall makes room for the Olympics

One stop shop.

Masonville customers can head to the viewing room to catch their favourite events



SCOTT
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Masonville Place is going for the gold in attracting shoppers with an Olympic viewing room complete with a floor that looks like a hockey rink, a TV tuned in to the action, comfortable chairs and the requisite

Canadian flags.

Shoppers can duck in to catch their favourite events or they can deposit their shopping sidekicks there without feeling the pressure to hurry up and retrieve them.

Marketing director Alex Mochrie said the aim is to enhance the customer experience and it's something mall owner Cadillac Fairview is now offering across the country.

"We did this about four years ago for the (Vancouver) Olympics and it was a lot of fun and we received a lot of positive comments and feedback from our customers," he said, adding some people are in no hurry to

leave. "We've seen people park there for quite some time, so it seems that if you're out and about and there's an event you want to see, this is the spot to stop, kick back and watch the show."

Starbucks and David's Tea have been dropping by with free refreshments, and Mochrie said there are plans to give away some London Knights tickets to sports fans.

Patrick Brault was watching the finals of the moguls Monday afternoon in Olympic HQ along with seven or eight others folks.

"My wife is getting her hair cut, so I've got a little time to

wait," he said with a smile. "It's the perfect place. Instead of catching the Olympics at home, I can do it right here."

Star quality

The room may be about the fans, but there's a little bit of glitz and glamour headed that way too.

- Two-time Canadian women's hockey Olympic gold medalist Cheryl Pounder will make a Feb. 22 appearance at Masonville Olympic HQ.

True stories on film at Museum London

A series of documentary films being presented at Museum London is sharing remarkable real-life stories.

The Domestic Arrivals documentary film series starts Feb. 20 and will show eight feature films by Canadian filmmakers.

The series begins with a screening of I Am Not a Rock Star in conjunction with Museum London's monthly Third Thursday program.

The film follows Marika Bournaki, 20, on a journey to become a world-class concert pianist.

Bournaki and director Bobbi Jo Hart will be present to answer audience questions and, after the film, Bournaki will perform for the audience.

Other films to be shown include When Jews Were Funny, which was named best Canadian feature film

at last year's Toronto International Film Festival, and The Guantanamo Trap, which won the jury prize at the Hot Docs Film Festival in 2011.

"Many of the films in the series tell interesting tales about other places," said Museum London curator of public programs Dianne Pearce, who organized the event. "People are starting to recognize we're not just

making specifically Canadian stories, but rather we're telling stories that are universal.

"This is thanks to how Canada nurtures so much film talent, and we should be proud of a system that encourages filmmakers working abroad, as well as those being made here."

For more information or for tickets visit museumlondon.ca/films. **METRO**

Ford 'didn't want to tell the truth' about drug use

Now showing.

'Everybody in the world has lied,' said the mayor sitting beside his brother in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera.

"I didn't want to tell the truth. That's the only answer I can give. That's as straight-

forward as I can be."

Ford's revelation came in response to a written question from Sandra from Bangkok, Thailand, who wondered why the mayor lied about his "substance abuse problem" when initially asked.

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since last May, when two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack cocaine. The mayor initially denied he used the drug and suggested the video did not exist, but he backtracked in November by admitting he had smoked crack cocaine, probably in one of his "drunken stupors."

THE CANADIAN PRESS



Frame grab from the premier Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

Coming soon

Guess what's coming to a screen near you?

The antics of embattled Toronto Mayor Rob Ford could soon be coming to a TV or movie screen. Blue Ice Pictures has acquired the film and television rights to the new book *Crazy Town: The Rob Ford Story*.

Published by Penguin Canada, it's written by Toronto Star reporter Robyn Doolittle, one of three journalists who viewed a video that appeared to show Ford smoking crack cocaine.

The video was one in a string of scandals involving the mayor.

The screen version of Doolittle's book will be produced by Daniel Iron and Lance Samuels.

"If you tried to make this story up, people would think it was over the top," said Doolittle.

THE CANADIAN PRESS

Laureen Harper to be highlighted



Prime Minister Stephen Harper adjusts his tie as he and his wife, Laureen, board an aircraft in South Africa in December. ADRIAN WYLD/THE CANADIAN PRESS

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by the Star.

The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust for another government.

Under "Tactical Plans/Strategies," it says the party will "connect (the) PM with people," "leverage Mrs. Harper" and launch a "With Mrs. Harper" video series among others to put a more human face on the government and grab eyeballs in the digital age.

The document was sent anonymously to Torstar News Service after the weekend meeting. TORSTAR NEWS SERVICE

2015 campaign plans

The PowerPoint presentation is a quarter-by-quarter blueprint of timelines and actions to be taken through 2014.

- It defines what success looks like: "Ensure we don't wake up on Oct. 20, 2015 with Justin Trudeau as PM."
- It makes no mention whatsoever of NDP leader Tom Mulcair.
- The presentation opens with several slides mocking Trudeau as a lightweight before laying out three priorities of raising more money, increasing the Conservative vote and motivating more volunteers.
- The party says it intends to "break news over digital channels," and better use Twitter Card buys and Youtube.

Ontario proud. Olympics a chance to demonstrate our 'diversity': Wynne

Mayor Rob Ford may want to take down the rainbow flag at Toronto City Hall, but just up the street provincial politicians are ready to raise the flag at the Ontario legislature for the rest of the games.

The rainbow flag — a long-standing symbol of lesbian, gay, bisexual and transgender rights and pride — has been raised at various public buildings across Canada in a sign of solidarity after Russia passed an anti-gay law.

Mayor Ford said last week that he wanted the flag taken down. But at Queen's Park, party house leaders for the Liberals, Progressive Conservatives and New Democrats have agreed to ask the speaker to raise the flag. Premier Kathleen Wynne said the Olympics are an opportunity "to demonstrate our tolerance, diversity and respect human rights on an international stage."

THE CANADIAN PRESS

Bill C-23

NDP opposes Harper's election law changes

The New Democrats are launching a national petition against the Harper government's proposed overhaul of federal election laws. The NDP charges the bill is designed to import U.S.-style

voter suppression tactics and benefit the ruling Conservatives.

The NDP contends the bill would prevent thousands of students, seniors and aboriginal people from voting, by imposing stricter rules for ID at polls. The NDP says it will increase the influence of money by raising the donation limit and campaign spending limit.

THE CANADIAN PRESS

Russian icon a hero to one Canadian



Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor



FERNANDO CARNEIRO
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, Ont., was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Bramp-

ton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.

- He became internationally famous after his performance in the Summit Series against Canada in 1972.

- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.



Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi.

MATT SLOCUM/THE ASSOCIATED PRESS

in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy

and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

Twitter. Canadian thrust into spotlight thanks to the #problems in #Sochi

Athletes trapped in bathrooms. Hotels still under construction. Clowns wandering the streets.

Alexander Broad is doing his best to document everything wrong and weird at the Winter Games with Twitter's latest satire-of-the-moment account, @SochiProblems.

The Internet sensation, which began Tuesday, had already amassed over 331,000 followers by Sunday. Broad was hoping for at most 30.

"Never in a million years. I made it as a joke. The entire idea of this came as a joke, something to laugh at," said the Pickering, Ont., native of the unexpected spotlight.

The word giant doesn't do Broad's popularity justice — @SochiProblems has more followers than the official Sochi Games or Canadian Olympic team's accounts, and has caught the attention of U.S. media such as the Washington Post, USA Today and ABC.

That's got Broad under pressure to watch the Olympics all the time for ma-

What's your problem?

"From there on it just kind of grew. It's sprouted into this giant thing."

Alexander Broad, creator of @SochiProblems on Twitter, who spilled Tim Hortons coffee on himself (a uniquely Canadian problem) and then went on a search for Sochi problems

terial.

"I think the biggest thing, I feel like it's just like I've got to stay alert to everything a lot more," he says, adding he draws the line at staying up through the night.

Now Broad is wondering if a Twitter account started as a joke should become more.

"The whole idea of this entire account was a satire," he said. "I think that's what a lot of people are calling it. I made the entire thing out of a joke, and I have tweet-ed things that have ... some political-ish type things."

"But a lot of the things I've tweeted, there's a lot of humour in it as well. So I'm still not entirely sure."

THE CANADIAN PRESS



We're watching you ... ski

A drone camera flies around the slopestyle course during a freestyle skiing slopestyle training session in Sochi. Drones spotted hovering around the Olympic slopes aren't searching for terrorists or protesters, they're being used to transmit live video of snowboard and ski-jump competitions to your TV screen. Drones are increasingly common at sporting events, and these Olympic Games are the highest-profile showcase yet for their broadcasting uses. SERGEI GRITS/THE ASSOCIATED PRESS

IOC. Athletes told they can't honour dead friends while competing in events

IOC is telling Olympic athletes they may not wear armbands or stickers during competition to commemorate the dead.

The Olympic body said Monday it sent a letter to Norwegian Olympic officials after four female cross-country skiers wore black armbands in memory of an athlete's brother, who died on the eve of the Games.

The International Olympic Committee also told freestyle skiers not to wear stickers on their helmets in tribute to Canadian halfpipe skier Sarah Burke, who died after a crash in training two years ago.

"We would say the competitions themselves, which are a place of celebration, are prob-

ably not the right place to really do that," IOC spokesman Mark Adams said. "We would like to keep that separate."

Adams said the IOC has "huge sympathy" for Burke and is willing to help athletes remember her at news conferences or a ceremony — but not at the competition sites.

The IOC has strict rules against protests or propaganda during competitions, outlawing any demonstrations in Olympic venues. The IOC worries that allowing someone to display messages not tied to the Games would encourage others to use the Olympics for their own gain.

THE ASSOCIATED PRESS

Punk-rock parliament?

Pussy Riot members say they may give politics 'a try'

Two members of Russian punk band Pussy Riot say they may run for seats in this year's election for the Moscow city parlia-

ment.

Nadya Tolokonnikova, appearing alongside fellow band member Maria Alyokhina at the Berlin film festival Monday, said politics "is worth a try."

The election will most likely be held in September, although no exact date has been set.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
90.46¢ (-0.13¢)



TSX
13,794.18 (+7.68)



OIL
\$100.06 US (+\$0.18)



GOLD
\$1,274.70 US (+\$11.80)

Natural gas: \$4.59 US (-\$0.07)
Dow Jones: 15,801.79 (+ 7.71)

Did the Flappy Bird app fly too close to the sun?

Causing a flap. Like Icarus, the game had a fast rise and fall to earth

What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user. The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how.



ELISABETH BRAW
Metro World News in London, U.K.

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.



But Flappy Bird got a lot of criticism.

Yes, a lot of praise and a lot of criticism. It created controversy (questions have been raised whether bots were used to boost its app chart popularity - ed.), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out.



End of the line Down Under

Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

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LOVELY TIME TO NOT DO THIS

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses



SHE SAYS
Jessica Napier
metronews.ca

or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the

bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet choco-

lates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture



COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a "self-portrait" of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

Q & A

Newest selfie



ZACHARY COPFER
Microbiologist/
photographer based
in Cincinnati, Ohio.

How did you manage to get the bacteria to "paint" this?
I received a sample of bacteria taken using a swab from

Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to

let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?

It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait



IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based

documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivotal Tracker will help everybody stay in sync and projects stay on course.

Twitter



@metropicks asked:
Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghic: Scope out traffic before rush hour.

@debzv: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

It's time you level with your significant other: there's no way you're going to watch *The Notebook* on Valentine's Day. And not just this year — you're talking about never again. The same goes for *Love Actually*, *The Vow*, *When Harry Met Sally* or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
scene@metronews.ca



Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

5

Films about love that aren't *The Notebook*



Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. *The City of Lights* has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.



Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there — enough to make *Mulholland Dr.* more emotionally resonant than many of director David Lynch's other brain-melting masterpieces.



A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this criminally underrated 2009 thriller about two couples honeymooning in Hawaii is downright romantic at heart. The sweetly tempestuous relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility that they're also serial killers — at least they share the same interests!



Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

Got the munchies? Leto will be supplying the Oscars snacks

Jared Leto says there's only one thing that gets him through the endless film awards season: A packed lunch. The 42-year-old has already won a Screen Actor's Guild Award and a Golden Globe for his performance as the transgendered Rayon in Dallas Buyers Club and he is nominated for an Academy Award. He says award shows "last for sometimes hours and hours and hours." Actors and directors "do red carpet in the afternoon and you end up leaving late in the evening. I like to eat really healthy, so I bring little snacks." At the Golden Globes, Leto says he got plenty of ribbing for his snacks but within minutes, "Reese Witherspoon, Jennifer Garner, Matthew (McConaughey), everyone is reaching into my bag!"

THE ASSOCIATED PRESS



Jared Leto ALL PHOTOS GETTY IMAGES

Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.



Chris Kattan

Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT

vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS

Twitter



@rustyrocks

In Berlin tonight joking about Hitler.



@SteveCarell

So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.



@BRUCKHEIMERJB

Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's



not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't,

and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.



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Confidently leave the (home workout) nest

Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA
SZYDLO
life@metronews.ca

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?

Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of —



Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?

The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require

Quoted

"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."

Venessa Coda, personal trainer and licensed Zumba instructor

more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises.

Eventually, you want to incorporate both machines and free weights into your routine.

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?

Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

For your phone

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Kris Abel
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You can join the Boston Marathon World Run no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.



Is hiring a personal trainer a must?

Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

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S.A.D. Shedding light on winter blues



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the January/February issue of Best Health, writer Patricia Pearson tells of her personal experience with seasonal affective disorder (S.A.D.), and how she is able to combat it during the winter months.

Here are a few S.A.D. facts.
• S.A.D. became a recognized disorder in the early 1980s. In its mild form, it's sometimes called "the winter blues," but if your mood, appetite and sleep

patterns are badly affected in winter, talk to your doctor.

• What exactly triggers S.A.D. remains unknown, but the conventional thinking is that it's related to diminished sunlight. Natural visible light, as opposed to electric light, may regulate the production of the brain chemicals considered crucial for good mood and high energy. Less daytime causes the depletion of serotonin and the overproduction of melatonin, prompting some of us to just want to stay on the couch.

Solutions

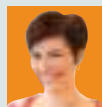
• Research shows that a light-therapy box (about \$200) can

really help. They are specially designed to project blue long-wave light, which is thought to help boost mood and alertness.
• A study also showed that office workers with a view of nature liked their jobs more, enjoyed better health and reported greater life satisfaction. If you don't have a daily view of nature and can't escape to it, go for a daily, simple but brisk walk. Exercise helps you feel happier and gives you more energy, too.

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Health Solutions

Replace those crappy gooey chocolates



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do. But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required. Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.



These chewy little treats are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes. Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Make all your dates sweeter

Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT

myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool experience.

Medjool dates are dried right on the tree; no further

Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped



This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively "organic" without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool.

4. Place melted white chocolate into piping bag. Drizzle choco-

FLASH FOOD



From your fridge to your table in 30 minutes or less

late decoratively back and forth over chocolate dipped date. Let cool completely before serving. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE FROM NATURALDELIGHTS.CA**

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Fuelling your savings vehicle

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For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Fi-

nancial Advisors Association of Canada.

There are fewer and fewer generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-under age group, they're not sticking to a job long enough to have a company pension plan anyway."

Self-employed

If a self-employed person is making more than \$40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than \$40,000, a deduction is not going to help significantly.

Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.



An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

Special cases

Sometimes RRSP money can be used long before retire-

ment. If someone is going to be off work for a year (doing a master's degree, for ex-

ample), pulling money out will trigger a tax liability, but tax will be minimized

because they are in a low income bracket (they aren't working).



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Strategy. Start planning for your future

Age is a key consideration with an investment strategy, especially when it comes to how much, and when, a younger investor should contribute to a registered retirement savings plan.

"We believe that it's never too early to start investing in your future," said Dennis Tew, chief financial officer at Franklin Templeton Investments Corp.

"Sometimes there's a tendency to wait and forgo contributing when we're young due to other priorities — families, mortgages, weddings — but, in fact, it should always be a priority. Even a small amount each year can make a difference over a lifetime."

For the young investor looking to make their first RRSP contribution this year, Tew offers these tips to help make the decision a smart one.

1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?

2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in



Saving even a small amount each year can help you build a nest egg for your future. MIRCO VACCA/SHUTTERSTOCK

which you can invest — bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

3 Speak with an adviser. Investment advisers have their fingers on the

pulse of markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your personal risk tolerance and investment goals.

NEWS CANADA

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* Scotiabank 2012 Investment Poll, Canadians Saving and Investing Attitudes & Behaviours, conducted by Harris/Decima, November/December 2012.

Alpine skiing

Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

"We will have to see how it goes but I'm hoping to keep racing here in Sochi," Gagnon said in a release. **THE CANADIAN PRESS**

Speed skating

Dutch continue orange crush

An orange wave rolled around Adler Arena once again as the Dutch continued their domination in Olympic long-track speed skating.

After opening the competition with a sweep of the men's 5,000 metres Saturday, the Netherlands did it again Monday by finishing 1-2-3 in the men's 500. In between Irene Wust won another gold Sunday in the women's 3,000.

On Monday it was Double Dutch and then some as 27-year-old twins Michel and Ronald Mulder won gold and bronze and countryman Jan Smeekens took silver.

THE CANADIAN PRESS



Dutch gold medalist Michel Mulder **GETTY IMAGES**

Luge

Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds. That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games. Canadian lugers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth. **THE ASSOCIATED PRESS**



Canada's Alex Bilodeau, gold medalist, and silver medalist Mikael Kingsbury celebrate their men's moguls wins with bronze medallist Alexandr Smyshlyaev of Russia at the Sochi Olympics in Krasnaya Polyana, Russia, Monday. **JONATHAN HAYWARD/THE CANADIAN PRESS**

Canucks repeat one-two punch



Freestyle skiing.

Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medalist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all

On the cusp

Marc-Antoine Gagnon didn't have any hard feelings after being nudged off the moguls podium by a teammate.

- Gagnon, from Terrebonne, Que., finished fourth at the Sochi Games on Monday with a score of 23.35.

- He was in third before Mikael Kingsbury of Deux-Montagnes, Que., made a silver-medal-winning run.

- "I'm pretty happy I finished fourth, this is my first Games," said the 22-year-old.

his colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after

his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his

Planting a legacy

"The future of freestyle skiing in Canada is not done, there are so many good kids coming up and I am so glad to share a podium with one of them."

Alex Bilodeau on teammate Mikael Kingsbury

final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second 1-2 finish for the Canadian moguls team at these Games after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. Bilodeau is happy with where the program is going.

"I'm glad to finish my last Olympics like this," he said. "It's going to be a great retirement."

THE CANADIAN PRESS

Hamelin on track for more gold



Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in the men's 1,500 metre short-track speedskating final at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Speedskating. The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medalist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

As Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. **THE CANADIAN PRESS**

Curling

Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

THE CANADIAN PRESS

Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a



Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China.

NATHAN DENNETTE/THE CANADIAN PRESS

3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medalist.

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MEDALS

Nation	G	S	B	Tot.
Canada	3	3	1	7
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING

Women's Super Combined Downhill - Marie-Michèle Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

Women's Super Combined Slalom - Marie-Michèle Gagnon, Lac-Etchemin, Que., DNF.

BIATHLON

Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th (36:21.2)

CURLING

Men's Round Robin Session 1 - Canada 11 Germany 8

Men's Round Robin Session 2 - Switzerland 5 Canada 4

Women's Round Robin Session 1 - Canada 9 China 2

FREESTYLE SKIING

Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43).

x-qualified for Final 1

Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).

x-qualified for Final 2

Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).

x-qualified for Final 3

Men's Moguls Final 3 - Alex Bilodeau, Montreal, 1st, **Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., 2nd, **Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

ICE HOCKEY

Women's Preliminary Round (Group A) - Canada 3 Finland 0

LUGE

Women's Singles Run 1 of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

Overall Ranking - Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, 6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

SHORT TRACK

Men's 1500 m Heats - Race 4 - x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5** - x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6** - x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x-qualified for semifinals

Men's 1500 m Semifinals - Race 15 - x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16** - Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17** - y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480)

y-qualified for Final A; x-qualified for Final B

Men's 1500 m Finals - Final A - Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B** - Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

Men's 1500m Final Ranking - Charles Hamelin, Sainte-Julie, Que., 1st, **Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

Ladies' 500 m Heats - Race 11 - x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13** - x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race 14** - x-Valerie Maltais, La Baie, Que., 1st (44.093).

x-qualified for the quarter-finals on Feb. 13

Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x-qualified for Final A on Feb. 18

SPEED SKATING

Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncif Ouadi, Quebec City, 23rd (35.395)

Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th

(35.17); Muncif Ouadi, Quebec City, 29th, (35.60)

Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncif Ouadi, Quebec City, 25th (70.997).

CURLING

MEN

Monday's results

Britain 7 Russia 4

Sweden 7 Switzerland 5

China 7 Denmark 4

Canada 11 Germany 8

Norway 7 United States 4

Denmark 11 Russia 10

Switzerland 5 **Canada 4**

Sweden 8 Britain 4

Tuesday's games

Canada vs. Sweden, 5 a.m.

United States vs. China, 5 a.m.

Britain vs. Germany, 5 a.m.

Norway vs. Russia, 5 a.m.

WOMEN

Monday's results

Canada 9 China 2

Switzerland 7, United States 4

Sweden 6, Britain 4

Russia 7, Denmark 4

Tuesday, Feb. 11

Switzerland vs. Denmark, 12 a.m.

Sweden vs. **Canada**, 12 a.m.

Russia vs. United States, 12 a.m.

South Korea vs. Japan, 12 a.m.

Britain vs. United States, 10 a.m.

South Korea vs. Switzerland, 10 a.m.

Denmark vs. Japan, 10 a.m.

China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.

Latvia at Switzerland, 12 p.m.

WOMEN

Monday's results

United States 9 Switzerland 0

Canada 3 Finland 0

Tuesday's games

Germany at Sweden, 5 a.m.

Russia at Japan, 10 a.m.



Women's hockey. Patience guides Canada past Finland's star goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

"I don't think anyone was nervous," Agosta-Marciano said. "We knew what we were doing."

"As the periods go on, she gets more confidence. We knew we needed to be patient and we needed to keep coming. Once we got that one, we got three."

Shannon Szabados earned a 14-save shutout, while Raty

1-on-6

The U.S. women's hockey team trounced Switzerland on Monday by the score 9-0.

- Amanda Kessel put an exclamation point on the win with a highlight-reel goal in which she received the puck from a centre-ice faceoff, skated over the blue-line, passed the puck to herself off the boards, circled back in front of the net and stick-handled around the Swiss goalie for the score.

stopped 39 of 42 shots in front of an announced 4,837 at Shayba Arena.

Canada and the United States, both 2-0, secured berths to the semifinals Monday. Under a new tournament format, the countries ranked in the top four in the world are in one pool and fifth through eight in the other.

Canada and the U.S. finish the round-robin against each other Wednesday in what could be a preview of the gold-medal game.

THE CANADIAN PRESS



Natalie Spooner of Canada shoots the puck wide of the net against Finland goalie Noora Raty on Monday in Sochi, Russia. MATT SLOCUM/THE ASSOCIATED PRESS

Snowboarding

Olympic halfpipe course criticized

Rider after rider took a crash course Monday night on an Olympic halfpipe that looked only half ready with less than 24 hours until the start of the men's competition.

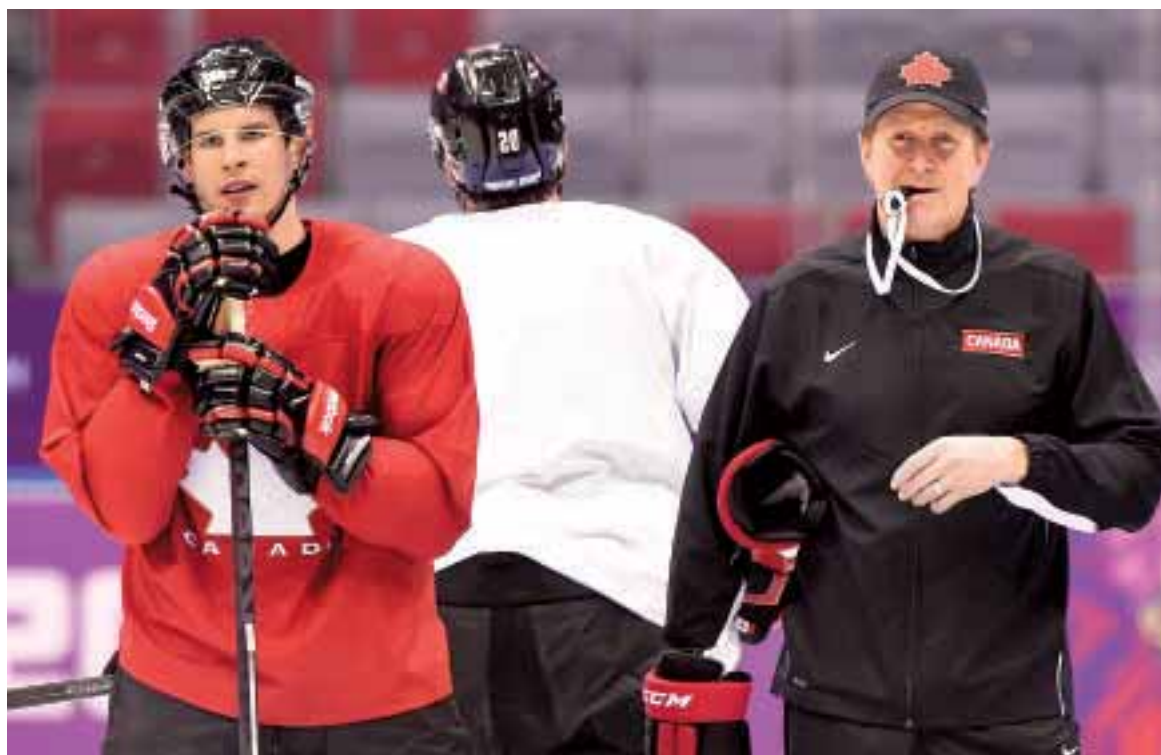
There were dozens of falls, very few big tricks and a lot of complaining during a practice session that was pushed from morning to night while workers tried to make fixes. The men's event is Tuesday, and American

Shaun White will be seeking his third straight gold medal.

"When you see every other person fall, you know something's wrong," said American Hannah Teter, who took gold in 2006 and silver four years ago. "It's a little dangerous. I've seen more people fall today than I saw all season. It's dangerous because it's crappy."

American Danny Davis labelled the halfpipe as "garbage" on Sunday. After returning Monday, he said things were slightly improved but not ideal.

THE ASSOCIATED PRESS



Team Canada captain Sidney Crosby and head coach Mike Babcock watch a drill during the team's first hockey practice at the Winter Olympics in Sochi, Russia, on Monday. Jeff Carter was skating on the same line as Crosby and Chris Kunitz. NATHAN DENETTE/THE CANADIAN PRESS

Carter rides shotgun with Crosby, Kunitz

Men's hockey. Team Canada auditions for right-winger on its top line during first practice in Sochi

Quoted

"He's going to find you and when you get the chance you've got to get it to the net."

Jeff Carter on Team Canada teammate Sidney Crosby.

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Babcock said.

cock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

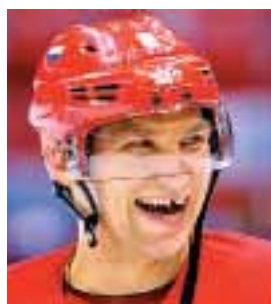
Babcock has Carter there

because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated was what looked like the most logical option, but Carter seemed to fit because he's a quick right-handed shot and a pure goal-scorer.

"I think the things that stick out are his speed and his shot," Crosby said. "I don't think you have to tell him anything besides just, 'Shoot it.' He's going to get open and he's going to be able to create things with his speed." THE CANADIAN PRESS



Russian forward Alex Ovechkin. JULIE JACOBSON/THE ASSOCIATED PRESS

Ovi in good company on home ice

A few hours after Alex Ovechkin awoke on the NHL's chartered luxury jet Monday, he was among the first Russians on the Olympic ice for practice.

Ovechkin has been waiting several years for the chance to play for gold at his home Olympics, and Russia's most fearsome goal-scorer couldn't wait another minute to get started.

"Of course it's a huge honour for me to represent my country," Ovechkin said while at the Bolshoy Ice Dome. "I'm pretty sure every athlete wants to represent his country at the Olympic games."

But almost no Winter Olympics athletes are as well-known as Ovechkin, whose tooth-deficient grin is plastered on advertisements throughout So-

chi. The Washington Capitals superstar publicly stumped for Sochi's Olympic bid in 2007, and he was the first Russian to carry the Olympic torch after it was lit in Greece last September.

He had long declared he would play in Sochi even if the NHL didn't interrupt its schedule for the games.

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NBL Canada

Lightning drop
fourth straight to
Brampton ballers

The London Lightning lost their fourth game in a row Monday, falling 107-106 to the Brampton A's on the road.

London started strong, leading 54-45 at the half, but lost some ground in the third, ending the period in a tie.

The fourth was tight with the teams exchanging the lead down to the wire.

London, now in third place in the National Basketball League of Canada, hasn't won a game since it hosted Brampton on Jan. 26.

The Lightning's next game is against the Ottawa SkyHawks on Thursday at Budweiser Gardens.

Game time is 7 p.m.

METRO

Boston Marathon

More runners
expected after
2013 bombing

Hotels in the Boston area are almost at capacity more than two months before the first Boston Marathon since the explosions at the finish line last year, tourism officials say.

About 36,000 runners are expected to compete in the April 21 race, 9,000 more than last year. That includes about 4,500 who were stopped by officials before completing the race after the pressure cooker bombs went off, killing three people and injuring more than 260.

THE ASSOCIATED PRESS

Worker death

Work continues on
World Cup stadium

Work remains underway at the World Cup stadium in the jungle city of Manaus despite a Brazilian union's threat to strike to protest a worker's death.

The strike did not happen Monday because leaders from several unions said they are trying to gather more workers.

Local World Cup organizers and the company in charge of the stadium's construction said the Arena da Amazonia is nearly 97 per cent completed.

THE ASSOCIATED PRESS

Gay football player praised for coming out

Michael Sam. NFL draft prospect has the support of Missouri coaches, White House

Missouri coach Gary Pinkel said Monday that Michael Sam revealed he was gay at one of the football team's get-acquainted dinners last summer.

The next day, Sam told the entire team.

Realizing the enormity of the situation, Pinkel left the next move up to the senior, who blossomed into one of the best defensive ends in the country — and one surrounded by teammates who didn't worry one bit about sexual orientation or reveal his secret until he came out on Sunday.

Pinkel, athletic director Mike Alden and other school officials applauded Sam's courage Monday at Faurot Field. As a backdrop, the first two letters of Sam's last name were etched in snow to join the giant "M" just beyond the north end zone.

"Pretty cool," Pinkel said.

Coaches and Sam agreed that making an announcement during the season might be a distraction. It was Sam's call to skip all of the weekly

media days and postgame news conferences, too, the better to avoid the risk of the topic coming up. Sam broke his silence prior to the Cotton Bowl and the conversation stayed on football, just like he wanted.

Sam was prompted to make his decision to come out after the Senior Bowl, where it became apparent the player's sexual orientation was widely known. This meant a declaration just a matter of days before the NFL combine and shouldering the pressure that will come with perhaps being the first openly gay player in the history of the league.

"It's very clear that everybody in the NFL knew," said Howard Bragman, a consultant hired by Sam's agent to help manage the announcement on ESPN, in The New York Times and Outsports.

The NFL and many others, including the White House, publicly applauded Sam's decision. President Barack Obama's spokesman, first lady Michelle Obama and Vice-President Joe Biden all called him a courageous and inspirational athlete.

The All-American defensive end led the Southeastern Conference in sacks (11.5) and tackles for loss (19). He was the SEC defensive player of the year. **THE ASSOCIATED PRESS**

Quoted

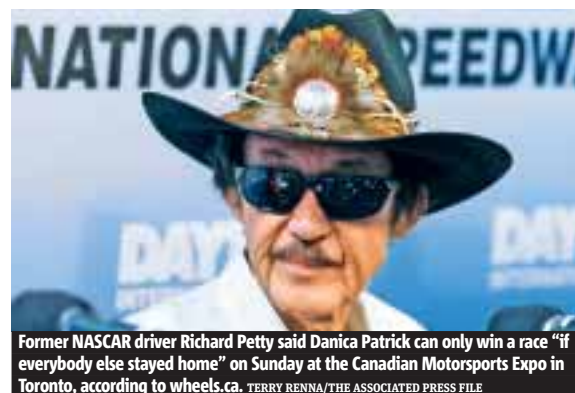
"Our team was able to move past it and work together. So why shouldn't a bunch of professional football players be able to do the same thing?"

Defensive line coach Craig Kuligowski on gay football player Michael Sam



Michael Sam hopes his ability is all that matters, not his sexual orientation. Missouri's All-American defensive end came out to the entire country Sunday night and could become the first openly gay player in America's most popular sport. **THE ASSOCIATED PRESS FILE**

NASCAR legend attributes Patrick's rise to 'female deal'



Former NASCAR driver Richard Petty said Danica Patrick can only win a race "if everybody else stayed home" on Sunday at the Canadian Motorsports Expo in Toronto, according to wheels.ca. **TERRY RENNA/THE ASSOCIATED PRESS FILE**

NASCAR Hall of Fame driver Richard Petty says Danica Patrick can only win a Sprint Cup Series race "if everybody else stayed home."

The seven-time champion made the comment during a Sunday appearance at the Canadian Motorsports Expo in Toronto, according to the website wheels.ca.

Petty also said Patrick only gets attention because she's a woman, but added that publicity is good for NASCAR.

"If she'd have been a male, nobody would ever know if she'd showed up at a race-

Quoted

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack"

Richard Petty on female NASCAR driver Danica Patrick

track," Petty said, according to the website. "This is a female deal that's driving her. There's nothing wrong with that, because that's good PR for me. More fans come out, people are more interested in it. She has

helped to draw attention to the sport, which helps everybody in the sport."

Petty still maintains partial control of Richard Petty Motorsports, which fields cars for Marcos Ambrose and Aric Almirola in the Sprint Cup Series.

Patrick is headed to Daytona International Speedway this week to begin her second full season at NASCAR's top level. She became the first woman a year ago to win the top starting spot for the Daytona 500 and she finished eighth.

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Horoscopes

Aries

March 21 - April 20

No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

Taurus

April 21 - May 21

Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

Gemini

May 22 - June 21

There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

Cancer

June 22 - July 23

The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

Leo

July 24 - Aug. 23

The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes its good to take a back seat for a change.

Virgo

Aug. 24 - Sept. 23

It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

Libra

Sept. 24 - Oct. 23

Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

Scorpio

Oct. 24 - Nov. 22

Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

Sagittarius

Nov. 23 - Dec. 21

This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

Aquarius

Jan. 21 - Feb. 19

Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

Pisces

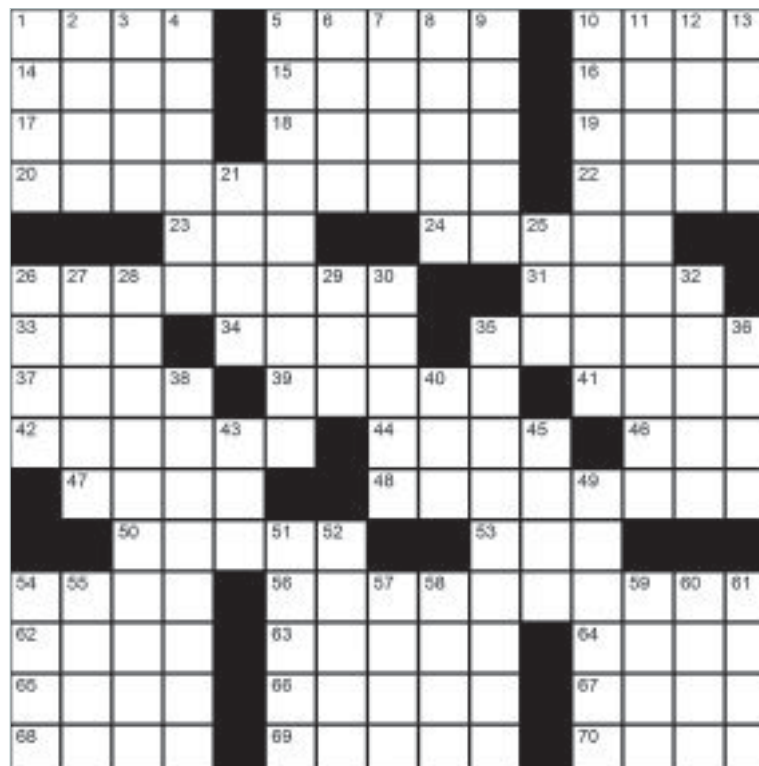
Feb. 20 - March 20

You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "Get Off" band from Toronto
5. Lightweight wood
10. ___ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-___
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Free-style Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. ___ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "___ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.



62. Polynesian amulet
63. Ravi Shankar's instrument
64. 1976 mini-series, "Rich Man, ___ Man"
65. Actor, Chris D'___

66. NWT's flower emblem, Mountain ___
67. Pretty purse
68. Demeanor
69. Bakery stuff
70. Blaring blah-blah

Down

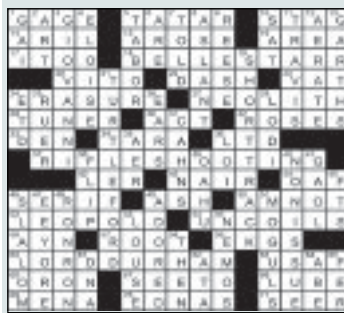
- 1 Ms. Ryan's
2. Airline of Israel: 2 wds.
3. Actor, Benicio Del ___
4. Jacket closer

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

7. Particular parrot
8. Markets
9. Not ___ (Not so far)
10. SOCHI 2014 - Faster - Higher - ___
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An ___ for music
26. SOCHI 2014 - Speed skater's footwear, ___ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, ___-___
29. Caves, on a score-board
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appointment
38. Trans-___ Orchestra
40. ___ Na Na
43. Web
45. "Let me know ___ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 ___ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

Yesterday's Crossword

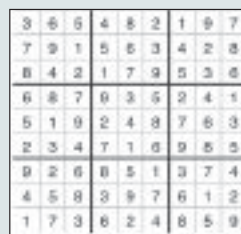


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-14°/-23°
Mainly sunny

Wednesday

-9°/-17°
Sunny

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